



"People helping  
people help  
themselves."

Division of  
Mental Health  
and Addictions

Logansport State Hospital

# The Spectrum

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## Certificate of Distinction

### AVATAR Implementation

Logansport State Hospital is preparing for the implementation of an electronic patient record program, known as AVATAR. "This has been a complex and on-going project and a number of people are currently and projected to be involved," states Joe McIntosh, Information Management Director. Members of the State Wide Core Group include staff from IM, Patient Accounts and HIS including Joe McIntosh, Nancy McIntosh, Stuart Rose, Peggy Bandelier, Mary Downhour and Jo Curtis-Bamberg. (Continued on page # 4)



State Wide Corp Group L-R, Back row: Jo Curtis-Bamberg, Stuart Rose and Joe McIntosh.  
Front row: Peggy Bandelier, Mary Downhour, and Nancy McIntosh.



# SPYKE THE PSYCHE



## Warm Weather Boosts Mood, Broadens The Mind

Get out—for at least 30 minutes. The positive impact warm, sunny weather can have on mental health and mood are real, according to new University of Michigan (U-M) research.

Taking a trip to someplace warm in the middle of winter or lingering outside when spring arrives can be especially beneficial, with pleasant weather improving mood, memory and broadening cognitive style (openness to new information and creative thoughts) as time spent outside increased, researchers found. Hotter weather during the summer, however, lowered mood levels and the effect of pleasant weather was far less noticeable in other seasons.

"Being outside in pleasant weather really offers a way to re-set your mind-set," said Matthew Keller, the U-M post-doctoral researcher who led the psychology study. "Everyone thinks weather affects mood but the biggest tests of this theory in 2000 found no relationship, so we went back and found there are two important variables: how much time you spend outside and what the season is. If you go from winter to spring and spend enough time outside, there's a noticeable change."

The findings, completed by a team that also included U-M social psychology professors, Barbara Frederickson and Oscar Ybarra, will be published in an upcoming issue of the Journal Psychological Science.

A set of three studies involved more than 600 participants from throughout the United States. In one study conducted during the spring in Ann Arbor, participants who were randomly assigned to be outdoors during warm and sunny days showed improved mood and memory compared to participants who were outside when the weather was not pleasant and compared to participants who spent the time inside.



### **SPECTRUM**

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The impact of weather on mood and cognition has been difficult to demonstrate because people in industrialized countries, on average, spend 93 percent of their time indoors, making them largely disconnected from the impact of changing weather outside.

Keller himself experienced the phenomenon and was inspired to conduct the research after leaving Michigan for a mid-winter trip to Mexico, quickly being reminded that "life is full of color and life is fun. It's easy to forget that during the wintertime."

He notes that most people feel a little more blue in the winter and better in the spring, with the most extreme example being among those who suffer from Seasonal Affective Disorder (SAD), a recurrent depression with typical onset during the fall or winter. Previous research has found a connection between hot weather and violent behavior, and sunnier weather improving stock performance.

The researchers also found the optimal temperature for mood for most Americans is 72 degrees, about room temperature, with mood decreasing if temperatures became significantly higher or lower. There were regional differences, however, with mood peaking at 65 degrees in Michigan and 86 degrees in considerably warmer Texas.

For weather to improve mood, subjects needed to spend at least 30 minutes outside in warm, sunny weather. Contrary to their initial expectations, researchers found that spending time indoors when the weather outside was pleasant actually decreased mood and narrowed cognitive style. They suspected this was perhaps because people resent being cooped-up indoors when weather becomes better in the spring or perhaps because improved weather can make normal indoor activities feel boring or irritating.

The researchers note that it should not be surprising that weather and seasons affect human behavior, given that humans have evolved with seasonal and weather changes since the dawn of the species.

Calling for further research into the subject, the researchers offer a straight forward prescription: "If you wish to reap the psychological benefits of good springtime weather, go outside."

*ScienceDaily (Oct. 7, 2004)*

...AVATAR Implementation continued from page # 1

These departments have endured endless hours in training (some having to travel as far as Madison) and have spent long hours entering data to prepare our facility for AVATAR, the electronic patient records program. Carolyn Murray, Medical Director's secretary adds, "I felt they deserved recognition for all their efforts, commitment to their individual departments and dedication to this hospital. Not only are they dealing with all the detailed work in preparing for the AVATAR clinical work stations, but they must continue to keep up with their daily tasks and assignments as well."

As McIntosh explains, "The AVATAR PM (Patient Management) go-live began March 1<sup>st</sup> and will end July 31<sup>st</sup> with successful electronic billing by all hospitals. The AVATAR CWS (Clinical Workstation System) will officially begin August 1<sup>st</sup>. The project is divided into three phases. The first phase will be the development of the electronic assessment. The second phase will be the electronic treatment plan. The final phase will be the electronic progress note. The three phases will be implemented over the next 4 years.

In addition, we will be looking at document imaging and management. This feature will allow externally generated paper documents to be scanned and attached to a patient's electronic medical record. We will also be looking at Order Entry and Medical Administration Record (MAR). The Order Entry and MAR will differ in what QuadraMed provides for medication. The NetSmart AVATAR version will encompass all types of physician order entry such as therapy orders, dietary orders, restraint/seclusion orders, etc and the Administration Record will track the application of the physician orders. The goal at the end is to put in place a fully electronic medical record and thus reduce as much paper documentation as possible."

Other staff that have also attended training and have had a part in this project include: Marcy Crissinger, Rene Julian, and Cindy Spencer of Patient Accounts; Misty Moss, Business Administrator; Wilma Camp, Ruth Smith, and Kim Killian of Health Information Systems, and Bonnie Richter, Dodds Admissions Clerk.

**Nominate Someone Today!**

# Arts-‘n-facts

## Longcliff Museum Art-‘n-facts

### The Rathskeller

This June 2008, *Old Staff Development Building (K-Ward)* was razed. The Beer Garden, also known as “The Rathskeller” was just north of *K-Ward*.

Former Rehabilitation Therapist, Jerry Kelly, remembers it as “a circle with a big tree in the middle.” It was paved. They had picnic tables with a juke box. They had a canteen that was attached to the old chapel building. The Rathskeller was located between K-Ward and the Old Chapel/Assembly Hall. Today part of this area is covered by the North Central Juvenile Correctional Facility Administration Building.

You could get drinks, coffee, coke and sit in the shade. It was 60 feet in diameter with shrubs surrounding it in a circle, chest high. You sat down and you felt like you were in a bush. In the evening by the moonlight, we’d have dances down there.

It the daytime, it was a nice shady area. There were restrooms nearby in a brick building. The restrooms were closed in winter so the pipes wouldn’t freeze. At one time we had the slab, shuffleboard, tennis court, the old softball field right behind K-Ward and the Rathskeller. That was a major recreation area in the summertime. We also had special outdoor events like cookouts and a carnival.

On the back side of K-Ward was a water fountain that ran 24 hours a day in the summertime—they never turned it off. You’d have to fight with the pigeons to get a drink. Sometimes you’d have to clean that basin off. The health department would go nuts if they saw something like that today. (Interview with Jerry Kelly, May 21, 2008)

Former Rehabilitation Therapist, Rosie Wilson, added that there was a wooden fence around it and two rustic trellises, at opposite ends for entrance from the Canteen-side and from the Ball field-side. Picnic tables were arranged like spokes on the outer edge of the circle. The Canteen was in the south facing basement area in the back of the Old Chapel. It was about 30 feet long and 15 feet deep, offering a variety of refreshments. On the north of the Rathskeller was a little storage building, housing a pop-machine and a real-live jukebox as well as checkers and cards, etc. Patients could put quarters in the jukebox to play records with the money going to the Rec. Fund. “People danced all day long with the jukebox...that was the gathering place...I wore out a pair of tennis shoes my first summer there, dancing...4 holes!” said Rosie. It was cool under the shade of the trees and provided relief from the summer heat in the days before air conditioning. (Interview with Rosalie Wilson, May 28, 2008)

A graphic of a spotlight with a yellow beam and a red and black background.

## **Spotlight ON Dr. Gayle Iwamasa, Psychology Director**



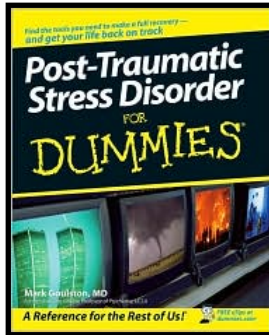
Psychology Director Dr. Gayle Iwamasa

We would like to introduce Dr. Gayle Iwamasa, LSH's new Psychology Director. Dr. Iwamasa received her PhD in Clinical Psychology from Purdue University. Dr. Iwamasa comes to LSH after spending 16 years in academia. Her most recent faculty position was at DePaul University in Chicago. Dr. Iwamasa, a scientist-practitioner, has extensive clinical experience working with a large variety of populations and has been an Indiana licensed HSPB psychologist since 1993. Dr. Iwamasa has extensive experience in teaching psychopathology, consultation, and diversity issues and has served as a psychological consultant to many national organizations, government, business groups and universities. Dr. Iwamasa also has extensive experience in the training and supervision of psychology doctoral graduate students and master's level clinicians. She has published several books, and numerous articles and chapters on multicultural mental health across the lifespan. She has held many leadership roles within national psychology and interdisciplinary mental health organizations such as serving as President of the Asian American Psychological Association, and being on the Board of Directors for the Association for Behavioral and Cognitive Therapies several times. She has served in many governance roles for the American Psychological Association (APA) and for the past 2 years, has served as the Chair of APA's Board of Convention Affairs. She has received many awards and recognitions for her scholarly, teaching, and service contributions, and will be receiving the Distinguished Contributions Award from the Asian American Psychological Association in Boston this month.

Dr. Iwamasa very much appreciates the warm welcome she has received from everyone at LSH and looks forward to working with all of the staff, employees, and patients.

# The Book Nook

## New Books in the Library



Goulston, Mark. Post-Traumatic Stress Disorder for Dummies. Indianapolis, IN: Wiley, 2008.

An estimated five percent of Americans-over 13 million people-suffer from Post Traumatic Stress Disorder (PTSD) at any given time, and approximately eight percent will develop it at some time in their lives. And, with recent traumatic events such as 9/11 and Hurricane Katrina as well as the ongoing war in Iraq, the incidence of PTSD is on the rise. Written for PTSD sufferers and their loved ones, this practical, unintimidating guide gives people the lowdown on symptoms, details today's various treatment options, offers practical coping strategies for day-to-day life, and even shows how to help children with PTSD.

Mark Goulston, MD, an expert on PTSD, suicide prevention, and violence intervention, maintains a private clinical practice. He has taught or lectured at UCLA, USC, and Fortune 500 companies and has trained FBI and police hostage negotiators.

If you know of a book that would help with your job, please contact the librarian at ext. 3712 or [bnewell@fssa.state.in.us](mailto:bnewell@fssa.state.in.us) One good book can make a world of difference.





## Another great week at the Fair!

It was another scorcher at the Cass County 4-H fair this year! Logansport State Hospital was represented in the Merchants Building with many volunteers helping to make that happen! The LSH booth volunteers were busy handing out pens and jar openers provided by Community Services as they spoke to the community about mental health. There were also several hand-outs on what LSH does and the many career opportunities at LSH! Thank you to everyone that volunteered their time for the booth this year! We couldn't have done it without you! Many thanks to Jacque Phillips, Nancy McIntosh, Jill Rowe, Patty Gaylor, Cathy Hickey, Paul Wilson, Bonnie Richter, Rick Ricks, Sherry DiDomenico, and Sonja Conrad!!!!



See you all next year!





# CELEBRATE AMERICA COOKOUTS

Morale Boosters and Employee Recognition committees' members have been volunteering their own time hosting events to raise funds for Employee Recognition Day (a day that honors employees' years of service). One of the events was the "Celebrate America Cookouts" which was held in July for all three shifts.

The Employee Recognition and Morale Boosters would like to thank everyone for their various donations.





## Good-Bye And Thank You

To my department – Marge, Jacque, and Darrin – you “knocked my socks off.” June 10 will have to go down in the LSH history books as the “**BEST RETIREMENT PARTY EVER.**” Everything you did leading up to and including my last day at work, made leaving just a little easier.

To everyone that participated in my retirement party in any way, I will be forever grateful. You have given me memories that I shall keep with me forever.

The hospital will always be a part of who I am. As I move into the next phase of my life, I take with me forty-six years of history....and a wonderful lesson it has been.

**Beth**



# Culinary Corner

## Angel Peach Melba Recipe



TIME: Prep/Total Time: 15 min.

### Ingredients:

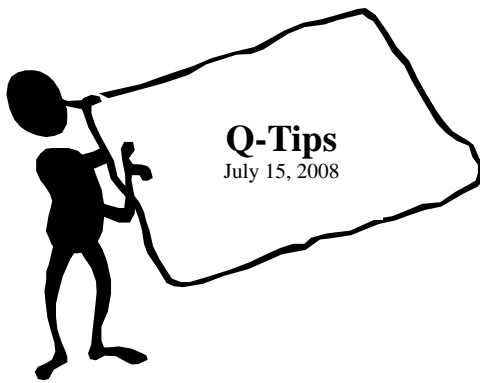
- 1 package (12 ounces) frozen unsweetened raspberries, thawed
- 2 tablespoons sugar
- 1 loaf (8 ounces) angel food cake, cut into 10 slices
- 1 can (15-1/4 ounces) peach halves, drained
- 2-1/2 cups vanilla frozen yogurt

### Directions:

In a small bowl, combine raspberries and sugar; set aside. Place cake slices on an ungreased baking sheet. Broil 4 in. from the heat for 1-2 minutes on each side or until lightly toasted. Using a 2-1/2-inch biscuit cutter, cut a hole in the center of each slice. Remove cutouts and set aside.

Place cake slices in individual bowls; place a peach half, cut side up, in each hole. Top with a scoop of frozen yogurt and reserved cake cutouts. Drizzle with raspberry mixture. Serve immediately. **Yield:** 10 servings.





## Continuous Readiness Reminders

- Providing a Safe Environment
- Critical X-ray Results
- Patient/Family Education
- Tracer Results

*By Quality Management*

### Did you know?

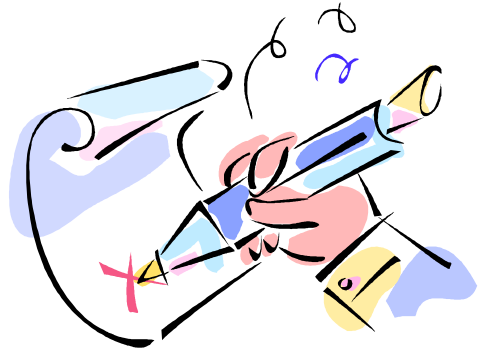
Medical record entries must be legible, dated and signed according to policy. See *Joint Commission standard IM 6.10. EP4*

This was a supplemental finding from the May 13, 2008 Joint Commission survey.

### Remember- All disciplines must:

sign and date your assessments

sign, date and time your progress notes



Monthly monitoring will occur to assure compliance.



## UPCOMING EVENTS

September 12 - September 24

- ✂ September 12<sup>th</sup> - September Summer Finale - 1:00 - 3:00 PM@ Thomas Field
- ✂ September 15<sup>th</sup> - Luau Dance in the auditorium - 1:00 - 3:00 PM
- ✂ September 16<sup>th</sup> - A trip to the South Bend Chocolate Factory
- ✂ September 17<sup>th</sup> - Catholic Mass
- ✂ September 17<sup>th</sup> - Walking Tacos - 1:00 - 2:15 PM Fogel Kitchen
- ✂ September 18<sup>th</sup> - Movie in the auditorium 1:00 - 3:00 PM
- ✂ September 22<sup>nd</sup> - Tippecanoe Co MHA Bingo for SWW
- ✂ September 24<sup>th</sup> - Morale Boosters and Employee Recognitions' "Cookie Day" Sale at ADM

# Who Am I?

Can you guess who they are?

If you can, call Darrin Monroe at # 3803 or e-mail: [darrin.monroe@fssa.in.gov](mailto:darrin.monroe@fssa.in.gov) by September 12. All correct answers will be entered in a drawing sponsored by the Morale Boosters to win a free “Jumbo” soft drink at the Hillside Café. You must have the correct answer of both pictures to qualify for an entry.

Winner will be announced in the next Spectrum.

Need a hint?

They both work for the same department.

Find out who this is in our next issue.

Last Issue:



Leslie Ricks



Irene (Renee) Julian had the correct guess to the person in the “Who Am I” picture.

If you have an early picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.